

DAY 7~~~REGULAR DIET

*REGULAR PORTIONS

()

SMALL PORTIONS

()

LARGE PORTIONS

()

FRUITS AND JUICES

()

*Orange Juice

()

Grape Juice

()

Tomato Juice

()

Cranberry Juice

()

Apple Juice

()

Pineapple Juice

()

Apricot Nectar

()

Prune Juice

()

Cranapple Juice

()

V-8 Juice

CEREALS

()

*Malt-O-Meal

()

Corn Flakes

()

Bran Flakes

()

Shredded Wheat Minis

()

Cheerios

()

Oatmeal

()

Cream of Wheat

()

Wheaties

()

½ & ½

()

Frosted Flakes

ENTREES

()

*Scrambled Eggs

()

*Sausage Link

()

Egg Beaters

()

Cottage Cheese

()

Peanut Butter

()

Yogurt W/Fruit

BREAKFAST BREADS

()

*Seven Week Muffin

()

Buttered White Toast

()

Buttered Whole Wheat Toast

()

Buttered Raisin Toast

()

Toasted Bagel with Cream Cheese

()

Toasted English Muffin

()

Assorted Danish

BEVERAGES/CONDIMENTS

()

*Coffee

()

Hot Chocolate

()

Decaf Coffee

()

Creamer

()

Hot Tea

()

Non-Dairy Creamer

()

Herbal Tea

()

Lemon

()

Whole Milk

()

*Margarine

()

*2% Milk

()

Jelly

()

Skim Milk

()

Honey

()

*Sugar (2)

()

Syrup

()

Mrs. Dash

()

Sugar Substitute

()

*Pepper

()

*Salt

DAY 7~~~REGULAR DIET

*REGULAR PORTIONS

()

SMALL PORTIONS

()

LARGE PORTIONS

()

APPETIZER/SALAD

()

*Mandarin Orange Sections in Jell-O

()

Ranch Dressing

()

French

()

Thousand Island

()

Italian Dressing

()

Vegetable Beef Soup

ENTREES / STARCH

()

*Baked Ham

()

Turkey W/Lettuce & Tomato Sandwich

VEGETABLE / STARCH

()

*Scalloped Potatoes

()

Yams

()

*Riveria Blend.

()

Broccoli Spears

BREADS

()

*White Dinner Roll

()

Whole Wheat Dinner Roll

()

Wheat Bread

DESSERTS

()

*Raspberry Sherbet

()

Vanilla Ice Cream cup

()

Chocolate Pudding

BEVERAGES / CONDIMENTS

()

Coffee

()

Decaf Coffee

()

Hot Chocolate

()

Ice Tea

()

*Hot Tea

()

Creamer

()

Herbal Tea

()

Non-Dairy Creamer

()

Whole Milk

()

Lemon

()

*2% Milk

()

*Margarine

()

Skim Milk

()

Jelly

()

*Sugar (2)

()

Honey

()

Mrs. Dash

()

Sugar Substitute

()

*Pepper

()

*Salt

DAY 7~~~REGULAR DIET

*REGULAR PORTIONS

()

SMALL PORTIONS

()

LARGE PORTIONS

()

APPETIZER /SALAD

()

*Relish Plate W/1T. Ranch Dressing

()

Tossed Salad

()

Ranch Dressing

()

French

()

Thousand Island

()

Italian Dressing

()

Assorted Jell-O

()

Chicken Noodles Soup W/ Oyster Crackers

ENTREES / STARCH

()

*Glazed Chicken over Noodles

()

French Dip Sandwich Au Jus

VEGETABLE

()

*Beets

()

Spinach

BREADS

()

*Whole Wheat Dinner Roll

()

White Dinner Roll

()

Wheat Bread

DESSERTS

()

*Blackberry Pie

()

Vanilla Ice Cream Cup

()

Rainbow Sherbet

BEVERAGES / CONDIMENTS

()

Coffee

()

Decaf Coffee

()

Hot Chocolate

()

Ice Tea

()

*Hot Tea

()

Creamer

()

Herbal Tea

()

Non-Dairy Creamer

()

Whole Milk

()

Lemon

()

*2% Milk

()

*Margarine

()

Skim Milk

()

Jelly

()

*Sugar (2)

()

Honey

()

Mrs. Dash

()

Sugar Substitute

()

*Pepper

()

*Salt